

Devil's Food Cupcakes

with Almond-Mocha Topping
on Raspberry Sauce

INGREDIENTS:

Cupcakes

1 18.25-ounce box devil's food cake mix
1 2.5-ounce jar baby food pureed prunes
1 cup strong coffee, or 1 cup water plus 2
teaspoons instant coffee granules
3 large egg whites
2 tablespoons canola or corn oil

Sauce

2 12-ounce packages frozen unsweetened
raspberries, thawed
1/2 cup sugar

1 1/2 tablespoons cornstarch
1 teaspoon vanilla extract

Topping

2 teaspoons instant coffee granules
2 teaspoons water
8 ounces frozen fat-free whipped topping,
thawed in refrigerator
2/3 cup sliced almonds, dry-roasted

DIRECTIONS:

Preheat the oven to 325°F, or as directed on the package. Lightly spray two 12-cup muffin pans with cooking spray.

In a large mixing bowl, combine the cupcake ingredients. Follow the package directions for beating the batter and baking and cooling the cupcakes.

Meanwhile, in a medium saucepan, stir together the raspberries, sugar, and cornstarch until the cornstarch is dissolved. Bring to a boil over medium-high heat. Boil for 1 to 1 1/2 minutes, or until thickened, stirring frequently. Remove from the heat. Let cool completely, about 20 minutes. Stir in the vanilla.

In a medium bowl, stir together the coffee granules and water until the coffee is dissolved. Fold in the whipped topping until well blended. Cover and refrigerate until needed.

For each serving, spread 1 tablespoon plus 2 teaspoons raspberry sauce on a dessert plate, top with a cupcake, spoon 1 tablespoon plus 2 teaspoons whipped topping mixture over the cupcake, and sprinkle with about 1 1/2 teaspoons almonds.

NUTRITION ANALYSIS (per serving) *Calories 173; Total Fat 4.0 g, Saturated Fat 1.0 g, Trans Fat 0.0 g, Polyunsaturated Fat 1.0 g, Monounsaturated Fat 2.0 g; Cholesterol 0mg; Sodium 198 mg; Carbohydrates 31 g, Fiber 2 g, Sugars 18 g; Protein 2 g -- Dietary Exchanges: 2 carbohydrate, 1 fat*

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